

Foot Injuries Training



3D Marines

Types of Boots



3D Marines

Type of Boots

- Combat Boot: Previously, black leather with composition soles and heels. Newer boots are brown suede leather. Leather conforms to feet and has the ability to retain moisture.
- Thermal Boot: Interior and Exterior insulation, protects feet to -80D. Issued to cold climate personnel.
- Jungle boot: Leather with nylon fabric on sides. Cleated composition soles and heels. Steel insert in sole. Holes for drainage.



Fitting of Boots

- Determine the fit under the arch.
 - No wrinkles. Ball of the foot should rest on the widest part of the sole.
- Determine the width of the boot.
 - No tightness or fullness of material
- Determine boot length
 - Should be one half inch between end of largest toe and the end of the boot



Fitting of Socks

- Test by standing with weight evenly distributed on both feet. No tightness or fullness should show if the fit is correct. Allow for 3/8" shrinkage in new socks. Socks that are too large wrinkle and cause blisters, too small reduce free circulation of blood in feet



Common Foot Injuries.



Blister

- Definition: A vesicle of the skin, containing clear watery fluid.
- Causes:
 - a. Wet Socks
 - b. Improperly fitting boots & or socks
 - c. Frequent impacting one or more areas of the foot
 - d. Friction



Blister (cont.)

- Signs & Symptoms
 - Vesicles of skin with flap containing watery matter
 - Swelling & redness
 - Local discomfort/pain
- Treatment
 - Small blisters usually need no treatment
 - Large blisters, should be kept clean, DO NOT POP.
 - Contact your Corpsman



Athlete's Foot

- Definition: A superficial fungal infection of the foot.
- Causes
 - Sweaty feet and wet socks
 - Contact with contaminated footwear and floors
 - Poor Hygiene



Athlete's Foot (cont.)

- Signs & Symptoms:
 - Itching between toes
 - Red, raw looking skin, which is often itchy
 - Skin that flakes, peels or cracks
 - Sore, clear weeping rash
- Treatment
 - Change socks/dry feet frequently
 - Use anti-fungal foot powder
 - WASH YOUR FEET
 - DO NOT USE BLEACH, or similar caustic agents on your feet!



Ingrown Toe Nails

- Caused by aggressive nail trimming, thick nails, poor hygiene, bone malformations, and improper fitting footwear.
- Toe may have pain, redness, inflammation, swelling, drainage, and bleeding.
- Ingrown Toe Nails are preventable
- TX: Conservative nail manipulation, hot soaks, lift affected nail edge, cut nail straight, and last resort is corrective surgery

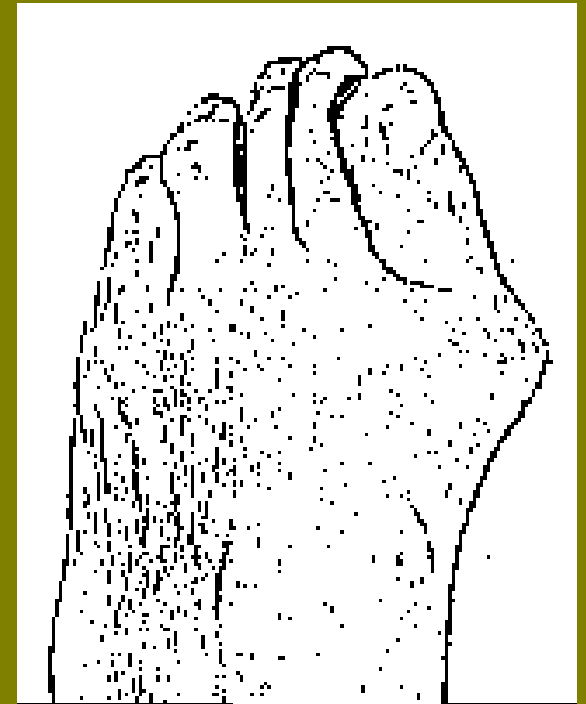
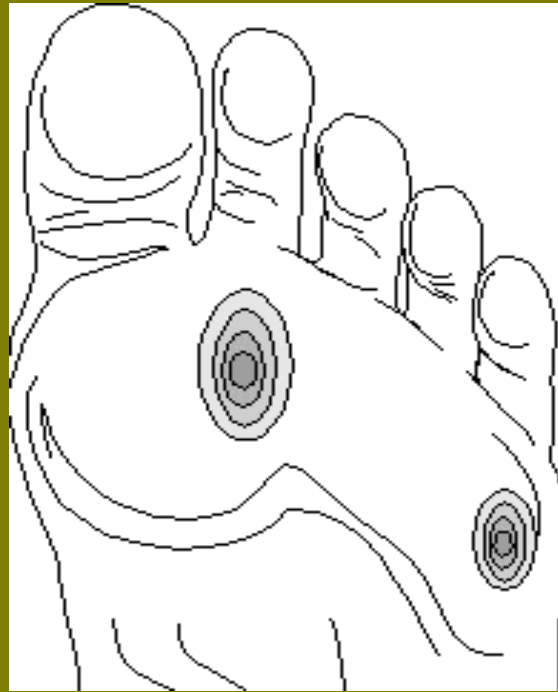


Corns, Calluses and Bunions

- Caused by continuous friction or pressure to a localized site. Localized discomfort and tenderness, tissue build up with sloughing of skin. Normally found over the joints of feet and hands
- TX: Proper fitting footwear, mole skin may relieve some discomfort. Some cases may need surgical correction.



Corns, Calluses and Bunions



3D Marines



Preventive Measures

- Before Marches: Cut nails straight, keep feet dry and clean, use foot powder, wear clean, unmended and properly fitting socks
- During Halts: Lie with feet elevated, if time permits, change socks and apply foot powder
- After Marches: Treat injuries if they have occurred, allow rest. If red, swollen, tender skin develops along the edges of the foot, the foot requires aeration, elevation, rest and as a rule wider foot wear.



Any questions????

